



# FOREST EDGE NEWSLETTER



October 2015 Volume 2 Issue 5

This quarterly Newsletter is issued by the Forest Edge Medical Practice, located on Manford Way Chigwell Essex. IG7 4DF. The information is offered as best practice at time of writing.

I hope my year of training here will give lots of experience, knowledge and skills that I can use in my future career as a qualified GP. Happy new year in advance to all of you!

*Dr Hameed*

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Dear Patients,  
Welcome to the fourth newsletter of 2015  
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## **A. The Registrar's notes**

Hello patients and newsletter readers,  
My name is Dr Aneela Hameed and I am one of the GP registrars at Forest Edge Practice. I started my GP Registrar job here in August. I have previously worked here for 6 months in 2013 as part of my GP training.

I really enjoyed my time here at the practice which is why I decided to come back for my registrar year and luckily for me I got my first choice.

Dr Rowena and Dr Salih are the GP trainers at the practice. They are both wonderful mentors and are easily approachable for any advice or help that I may need. I have personally found all the staff to be very polite and helpful and have received good patient feedback about the practice. Often patients have told me that they find the practice to be very user friendly.

## **B. This quarter's awareness information**

During the last Quarter there was a recommendation for new students to speak to the practice to see if the need to have the meningitis - W injection. Also the age range changed for those who are entitled to the shingles vaccination. In addition a slide was updated making patients aware that the surgery uses BT ring back on the appointments line. Other information provided by a TV slide shows that if friends wish to form a small group to create a fitness class in a room then Redbridge has an organisation to support it under the heading of Fit-For-Fun. Finally if patients wish to speak to reception privately then they can tell the receptionist who will speak to the patient in an area away from the general public.

## **C. Patient Participation Group comment**

I'm a member of the Patient Participation Group which happens once a month. I look forward to the meetings as I like meeting up with friends and listening to the interesting topics. It's really nice when we have guest speakers. In July we had the Chief Operating Officer for our local Hospitals Queens and King George speak to us. I find the information provided on the TV and newsletters also very useful.

*Glenis Von Kaschke*



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## D. Clinical Commissioning Group

The CCG has opened a third evening and weekend surgery in Wanstead. The CCG is in the process of developing a new strategy on delivering care in the future in Redbridge. The aim is to give GP's more time with patients. The CCG is increasing its focus on identifying and treating diabetics.

## E. Children's health

Redbridge has developed its Youth Council with children elected from various schools. This year they have raised awareness of mental illness amongst school children. Another activity they undertook involved being secret shopper in the boroughs pharmacies to evaluate the services and assistance given to children.

Another group promoted in Redbridge is called "Straight Talking". This is an organisation for teenagers who are involved in a sexual situation but feel they cannot discuss with Family, Doctors, or Social workers. The organisation is mainly staffed by teenagers who have been through various situations and are able to offer advice on a peer level. The contact number is 020 8546 4665 or at [info@straighttalking.org](mailto:info@straighttalking.org)

## F. Key Medical Changes

The influenza season has begun and vaccinations are available at the surgery for the elderly, children and the vulnerable due to ill health. The practice has to guess how many people are likely to require the injections or nasal spray for children and purchase in advance. So if patients who are entitled to free vaccinations go to the pharmacists for their jabs, they should tell the surgery so that the vaccine can be reassigned and not wasted.

## G. Hospital Info Update

New Ambulance waiting room at King George near to the main entrance.  
All hospitals are NO SMOKING areas.

## H. Prescription & Health changes.

NHS England is asking doctors to reduce the prescribing of antibiotics. Patients are asked to remember that Coughs, Colds, and Flu are caused by viruses so paracetamol and a hot drink is probably best as antibiotics will have no effect. However if it lasts longer than 10 days you need to speak to a doctor because the virus may have made you vulnerable to a bacterial infection.

## I. General info

### **The general advice for Out of Hours assistance is:-**

1. For life threatening situations dial **999**
2. Fractures and serious cuts. Go to **A & E**
3. Discomforting conditions use a walk in centre or the Urgent Care at King George.
4. For rapidly deteriorating ailments or GP advice **call the surgery** or NHS on **111**.
5. If you need an **urgent appointment** in the evening call 020 3770 1888 and ask for a **HUB** appointment.

### **Forest Edge APPOINTMENTS ONLY**

**020 8559 9996**

### **Forest Edge Surgery ENQUIRIES etc**

**020 8500 9938**

For BT landline Customers.

If the surgery numbers are engaged pressing 5 will make the surgery automatically ring you back when the phone is put down. BT do charge for this and it ceases if the ring back does not occur in 30 minutes.